

Parents and Coaches Orientation
Making Sports Fun for Kids

How can we as parents and coaches insure our children are having fun? Let’s focus on emphasizing effort, not outcome. It should be our goal to promote “team work + skill development + encouragement + best effort + FUN = A HAPPY CHILD.” How can you help your child?

Be a ...

Supportive
Person
of
Recreation
Teams

Our goal should be making each child feel like a winner for trying their best, improving their skills, and building their self-confidence. Doing this maintains a balance between winning and losing.

Wins and losses do not determine success. You can reach success only when you develop character and self-confidence in your children. Stressing winning over enjoyment is a guaranteed way to bring a stressful environment for all. Let’s stress best effort and “FOCUS ON FUN”.

To help promote “FOCUS ON FUN”, Sandy City Police and Parks and Recreation Departments are sponsoring classes for parents and coaches. These classes are designed to be interactive, educational, and most important give us ways to “make sports fun for children”.

All classes are held on the third Wednesday of the month at the Sandy City Parks and Recreation Building (440 East 8680 South). Class time is 6:30 to 7:30 p.m. Those attending will receive a \$3.00 coupon to apply toward your next registration or park reservation. Please call 568-2900 for additional information!

LET US ALL “FOCUS ON FUN”!

Sandy City Police and Parks & Recreation

Why Children Play Sports

Children play sports because they want: 1) to have fun; 2) to improve skills and learn new ones; 3) to be with friends and make new ones; 4) to feel the excitement of competition; 5) to succeed or win; and 6) to exercise or become fit. Another reason kids play sports is to keep their parents happy. Let’s not forget, this should not be a reason a child chooses to play sports. They should play for themselves and for their enjoyment. A key reminder is to help your child fulfill their reason for playing a sport.

Why Children Drop Out of Sports

The main reasons children drop out of sports: 1) lack of fun; 2) conflict of interest; 3) lack of success; 4) little skill improvement; 5) injuries; 6) over-emphasis on winning; 7) competitive stress; and 8) too much criticism from the coach. Parents and coaches can help make dropping out less likely by building your child’s self-esteem and emphasizing skill development over winning.

Values Children Learn through Sports

- ☺ Appreciation for an active lifestyle.
- ☺ Positive self-concept by mastering skills.
- ☺ Learn how to work as part of a team.
- ☺ Develop social skills with other children and adults.
- ☺ Learn about managing success and disappointment.
- ☺ Learn about fair play and being a good sport.
- ☺ Learn respect for others.

How to Help Children Enjoy Sports

- ☐ Developing a winning perspective.
- ☐ Building your Child’s self-esteem.
- ☐ Emphasizing fun, skill development, and striving to win.
- ☐ Helping your child set performance goals.
- ☐ Be involved, but not too involved.
- ☐ Talk with your child after poor performance or a bad experience.
- ☐ Keep everything balanced. Avoid burnout!

What is Sportsmanship

A commitment to fair play, ethical behavior and integrity. Sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others:

- ❖ Playing fair and being a good citizen.
- ❖ Treat others as you wish to be treated.
- ❖ Respect others and one self.
- ❖ Impose self-control, be courteous, and gracefully accept results of one’s actions.
- ❖ Display ethical behavior by being good (character) and doing right.

Sportsmanship Traits

- ◆ **Courage** → is having the determination to do the right thing even when others don’t; the strength to exhibit fairness, to be courteous, to gracefully accept the result of the contest.
- ◆ **Good Judgment** → is choosing worthy goals; setting priorities in accordance with team; leading others to follow rules.
- ◆ **Integrity** → is having the inner strength to be fair and courteous during games, play according to the rules, acting positively and honorably not only to your team, but also to your opponent and the officials.
- ◆ **Kindness** → is being considerate, courteous, and generous in spirit to the opposing team; showing care, compassion, and friendship in victory or defeat; treating others, as you would like to be treated.
- ◆ **Perseverance** → is being persistent in pursuit of worthy objectives in spite of opposition, difficulty, injuries, handicaps, or discouragement, and exhibiting patience and the fortitude to try again when confronted with mistakes or failures.
- ◆ **Respect** → is showing high regard for coaches, officials, opponents, fans, self, teams and equipment.
- ◆ **Responsibility** → is being dependable in carrying out obligations and duties, showing reliability and consistency in words and actions, always showing proper conduct and being accountable for your actions.
- ◆ **Self-discipline** → is demonstrating hard work and commitment of purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining self-control at all times, and doing your best in all situations.

What to Ask your Child after Practice or Games

- Did you play better this week?
- What did you learn in practice?
- What do you feel you need to work on?
- Can I help you improve any skills?
- What did the coach emphasize after the game?
- Was your opponent a good sport? Were you?
- Are you getting in better shape?
- What was your favorite part of the game?
- What is the best part of being on the team?
- What do you like most about your coach?
- Were you nervous playing today? If you were, why?
- How can your coach help you improve?

The most important question is
Did you have fun playing today?

Acceptable Behavior

- ❖ Show respect for teammates, opponents, and officials/ referees at all times.
- ❖ Maintain self control at all times.
- ❖ Recognize and appreciate skill in performance, regardless of affiliation.
- ❖ Shake hands with participants, coaches, and parents, regardless of outcome.
- ❖ Accept all decisions of officials and umpires.
- ❖ Encourage those around you to display only sportsmanlike conduct.

Unacceptable Behavior

- Yelling at opponents in a disrespectful manner or to antagonize opponents.
- Booing or heckling an official, coach, or player.
- Refusing to shake hands or give recognition for good performance.
- Blaming the loss of a game on officials, coaches, or participants.
- Using profanity or displaying anger that draws attention away from the game.

Ways to Help Your Child's Coach

- ✓ Let your child know you support them in participating. Show interest, enthusiasm, and support for your child. Get involved!
- ✓ Provide your child with proper equipment and teach them the correct use.
- ✓ Monitor participation so that you know how your child is developing.
- ✓ Keep the coach informed if your child is injured or ill.
- ✓ Do not interfere with the coach unless they have clearly erred. Help when asked.
- ✓ Remain in the spectator area.
- ✓ Be in control of your emotions - by example how you want your child to behave in and out of sports.
- ✓ Don’t advise the coach on how to do the job.
- ✓ Don’t coach your child during the contest.
- ✓ Don’t make insulting comments to players, parents, officials, or coaches of either team.
- ✓ Don’t drink alcohol before coming to games.
- ✓ Cheer for your team.
- ✓ Thank the coaches, officials, staff, and other volunteers who conducted the games.

Modeling Good Sportsmanship

Children learn behavior from many different people; but they learn the most from their parents. With this in mind, it is critical that you model good sportsmanship for your child.

What Makes Good Coaches

- Always set a good example and teach sportsmanship and establish high standards for all to follow.
- Know the sport and children's physical development.
- Understand each child's motivation for playing.
- Sensitive and understands children and is able to deal with differences in children's physical and emotional maturity.
- Skilled at teaching the fundamentals of the sport.
- Teach a child to enjoy success and to respond to failure with renewed determination.
- Emphasize improvement, competence and striving for excellence.
- Help children develop positive self-images and standards of conduct that are acceptable to society.
- Teach and model behavior that reflects desirable basic values.
- Develop and enforce penalties for participants who do not abide by sportsmanship standards.
- Treat opposing coaches, participants, and fans with respect.

Warning Signs of Poor Coaching

- ⊗ The coach physically or verbally abuses the children. The coach uses profanity.
- ⊗ The coach criticizes players rather than their behavior.
- ⊗ The coach won't listen to parents.
- ⊗ The coach argues with referees or officials.
- ⊗ The coach allows cheating.
- ⊗ The coach ignores less-skilled players.
- ⊗ The coach makes winning the only goal.

Evaluating Your Child's Coach

- ◆ **Coaching Philosophy** → emphasizes fun and skill development.
- ◆ **Motives** → coaching for the right reason.
- ◆ **Knowledge** → knows the rules and skills of the sport and knows how to teach them.
- ◆ **Leadership** → permits players to share in leadership and decision-making.
- ◆ **Self-Control** → always displays self-control.
- ◆ **Understanding** → is sensitive to the players.
- ◆ **Communication** → words and actions are positive.
- ◆ **Consistency** → is consistent with all players.
- ◆ **Respect** → do players look up to the coach and listen and respect him or her.
- ◆ **Enthusiasm** → does the coach build enthusiasm among players?

Sandy City Parks and Recreation Code of Conduct and Policies

Inappropriate and Unacceptable Behavior

- ❑ Threaten, incite, or try to incite, provoke, insult, abuse, trash talk, or taunt by word, gestures, or signs; any opponents, spectators, coaches, officials/referees/umpires, or staff before, during and after the game.
- ❑ At any time lay a hand upon, shove, strike, or physically attack in any manner the coaches, staff, scorekeepers, officials, spectators, or any player before, during, or after a game.
- ❑ Approach officials/referees or staff members in a confrontational manner. Only the person designated prior to the game (usually the coach, team manager or captain) may approach the officials/referees or staff member.
- ❑ Use of profane and abusive language.
- ❑ Use of alcohol or tobacco is prohibited in the immediate vicinity of the designated playing facility.
- ❑ Any type of vandalism to playing equipment and/or facilities.

Coaches Conduct

- ❖ Coaches must conduct themselves in a manner that promotes the respect of the participants and the general public.
- ❖ We encourage only the players and coaches who are directly involved with the game be in the team dugouts and team bench area.
- ❖ The coach is responsible for the actions of the team, team parents, and spectators before, during and after the game.
- ❖ It is the coach's responsibility to quiet abusive or taunting parents or spectators before the officials/staff take action. Remember, one over-excited parent or spectator could result in a forfeited game.
- ❖ The coach should leave with the team. The presence of the coach and parents after a game often prevents altercations and dangerous situations from developing. Remember...the coach is the leader and the example.

Parents and Spectators Conduct

Parents and Spectators must recognize the important role they have in any sport/game situation. Emotions are high and the wrong word or action directed at officials, staff, coaches, team members, or other spectators may result in unpleasant and/or dangerous circumstances.

Penalty for Violations

Minimum Penalty: Warning from the official or staff and/or immediate ejection and/or suspension from the next scheduled/played game. Penalty may include attendance at a sportsmanship class.

Maximum Penalty: Immediate ejection from the game and playing facility and/or one year suspension from all Sandy City recreational programs and/or legal charges filed. Penalty includes attendance at a sportsmanship class.

Note: If second occurrence should happen during the season, the penalty will be suspension for the remainder of the season.

Penalty Clarifications

- **Penalties (Minimum vs. Maximum):** A minimum penalty does not always have to precede a maximum penalty.
- **Ejection:** A **second ejection** will result in a suspension for the remainder of the season.
- Anyone ejected from the game must leave the facility immediately and may not return that date. However, if a person is ejected during a tournament, the violator will be allowed to return to the facility **after the suspension** has been fulfilled. Failure to do so will carry a penalty of suspension for the season and/or game forfeiture. If the team comes up short of regulation players because of the ejection of a player the game will be a forfeit.
- Any ejection will result in suspension from the next scheduled/played game. The violator may not attend or be present in any manner at a game where he/she has been suspended.
- Continuous ejections and suspensions may result in suspension from Sandy City Parks and Recreation programs for life.
- **All decisions of the officials are final!**
- However, any player, coach, or spectator ejected, suspended, or guilty of a violation of this code of conduct may take his or her case to the Sandy City Parks and Recreation Department for a full review. Procedures for the appeal regarding suspensions or ejections are as follows:
 1. Notify the Recreation Site Coordinator → complete the appeal form with this staff member.
 2. Program Coordinator → will review the appeal and notify the individual(s) of the decision.

Note: After following procedures 1 and 2 you may appeal the decision to the Recreation Division Head and/or Parks and Recreation Department Head.



SPORTSMANSHIP MISSION

Our mission is to promote good sportsmanship and fair play for ALL players, coaches, spectators, staff, officials, or any others involved in our programs. Our goal is to provide a pleasing and safe environment.

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